SEL · MINDFULNESS AND CALMING · GRADES K–2

Calm Body, Wiggly Body

A grown-up reads eight moves, like jumping like a frog or lying like a starfish, and kids sort them into calm body and wiggly body.



Name: _____ **Date:** _____

Grown-ups: read each move out loud and try it together. Does it make your body calm or wiggly? Kids write the number in the right box. Both are okay at the right time!

Write each number in the right box.

1. Take a slow breath.
2. Jump like a frog.
3. Hug a stuffed animal.
4. Shake your hands fast.
5. Stretch up slowly.
6. Run in place.
7. Lie down like a starfish.
8. Dance to fast music.

Calm body	Wiggly body

Draw your body being calm.

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ANSWER KEY · MINDFULNESS AND CALMING · GRADES K–2

Answer Key: Calm Body, Wiggly Body

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



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